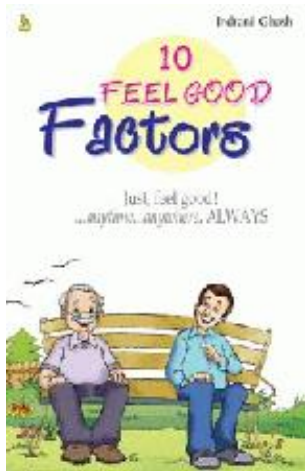




10 Feel Good Factors



Author: Indranil Ghosh
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Much of our life is about the 'feel-good' factor.

In fact, most of our life is spent in chasing 'feel good' factor-- sometimes we get it, and sometimes we don't.

If we analyse, the other name of success is 'feel-good factor'.

When we have our way, our say--in short, when we are successful--we feel good.

And when we meet with failure, we feel bad.

The author here first lists the 10 main 'feel-good' factors, and then goes about guiding on how to achieve them.

However, he forewarns against pitfalls in such pursuit, but shows how to continue to have the 'feel-good' factor even in times of struggle.

He lays importance on the need to remain cheerful and think good even when nothing seems to go right.

The author says, 'it is possible to remain happy...'

Being able to manage and change your feelings is one of the most important things in life and career.

You may have all the rational reasons in the world to do something, but then your emotions can just sweep in and pull everything to a grinding halt.

Having your feelings to work for you, instead of against you can have an electrifying effect on your life.

There are many ways to change how you feel. Here are 10 ways that don't include chocolate, pain or alcohol and that actually work.

All of them might not work right away; it's a bit like learning to ride a bike. You don't learn it by reading about it and the first few times you try, you might fall.

But remember when you were a kid learning to ride a bike. You just got up of the ground, brushed yourself off and got on that bike again and again and again.

The author reminds that it's easy to be overcome by negative internal chatter. 'I can't do this, what if they think I'm incompetent,



God I'm going to fail, I'm going to fail and why did I take this shirt, it's so ugly. And so on.

When preparing for a meeting, taking an examination, an interview, or a presentation, asking someone for a date or anything that makes you really nervous, recall your positive memories from similar experiences.

Remember the times when you were confident and relaxed during previous meetings and interviews. Let a few of your best memories wash over you. Let them drown out your negative thoughts.

You will get to have such long-drive examples pinned throughout for your successful launch.

Focusing on these positive experiences instead of those negative ones that always seem to be closer at hand can make a big difference.

Learning to direct you feelings more and more have implications beyond feeling better.

By feeling better you will more constantly start to see the world in another way and you will start to see other, more beneficial options.

And your feelings will start to work for you instead of stopping you when you want to take action.

So Grab your copy now. And don't lend it. It may not be returned.

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"Ten Commandments of feeling good"

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AN EXCERPT FROM THE BOOK IS AS FOLLOWS:

Fake before you make

It is said - "Better a lie that heals than a truth that wounds."

Feel good factor number one "Fake before you make" is based on this belief. You are what you think you are. If you think that you are happy, you will be really happy.

So, it is the easiest way to feel good. This example will make you to understand how simple it is.

In one personality development program, the facilitator asked the participants - "How are you?"

Almost all replied - "Fine!"

The facilitator was not satisfied with the answer. He advised the class to say loudly - "Fantastic!" Trust me, it was like instant tonic. With the aloud utterance of the word "Fantastic!" most of the participants started feeling better and not just fine.

I have also made this trick a part of my life. Whenever, anyone asks me "How are you?" I reply loudly: "Fantastic!" I get positive energy with its chanting. Since the adoption of this trick, I have never felt my life as drab. My advice to you all is to follow this simple principle of life. Basically, by uttering the word "Fantastic" you will be creating a new and positive mental image in your subconscious mind. After a while, this image will imprint itself in your mind and your self-image will start changing. And you will realise the creation of a new soul within you. This may be called as - 'Fake before you make' phenomenon. When you are not confident enough about yourself, just try to behave and act like a confident person and this will boost up your confidence level automatically.

Our age-old learning and the advice of the elders - "Never tell lies. It is a sin. It is ethical to speak the truth always" may not hold good all the time. Harmless lies or a false statement often helps in many ways. Confidence building, mood alteration



are a few of them.

What the mind of a man can conceive, and believe, it can achieve. Conceive happiness, you will get it. 'Fake before you make' basically is a way to implant happiness in the mind. When implanted, it gets nourishment and gradually spreads all over the mind and thereby conditioning or tuning the mind for happiness.

* The steps:

It has three essential steps - "Imagine - Pretend - Act". Whenever you are not in a good mood, think of some imaginary happiness. No harm even in fantasising. Pretend as if you are happy. Act as a really happy person. Within a short span, you will indeed feel better.

To get good results, the following steps are to be followed:

1. Find out the factor that makes you unhappy most of the time. As for example, say it is a relationship problem with others.
2. Next step is to prepare a slogan out of the unhappy factor. The slogan must be brief, catchy and one that exactly addresses the issue. 'Be happy, be popular', 'good relations, live long', 'happy days are here again', 'I smile to smile' – are a few examples of such slogans.
3. Chant the slogan throughout the day and night whenever possible for the next few days; especially before going to bed and immediately after getting up from sleep, and whenever you do not have anything special to do.

Chanting a mantra or shloka is an ancient tradition of our culture. Most of the religions advocate chanting, and illustrate it as one of the ways to reach God or get enlightenment. The only difference here is what we have to chant is a slogan.

The subconscious mind is as sensitive as an innocent child is. When you train a child, repetition is required. Repeated chanting will create a rosy picture in your mind. Then, your reality comes true before your expectation. Soon your relationship with others will improve and you will feel better and better.

Let us understand how 'fake before you make' actually acts. It is said that the mind is like wet cement, whatever falls on it makes an impression. Even if you fake, the mind will accept its impression.

* Positive affirmation:

Positive affirmation does this job of impression. One such simple but effective positive affirmation is given below. Follow the given steps:

- 1) Sit in a comfortable position with the backbone straight, heels touching each other.
- 2) Concentrate on your breathing.
- 3) Say in your mind - "Relax! Relax! Relax!"
- 4) Imagine and talk to yourself -
 - I. Today is going to be a great day.
 - II. I can handle more than I think I can.
 - III. I will be satisfied when I try to do my best.
 - IV. There is always something to be happy about.
 - V. I will make someone happy today.
 - VI. Every day in every way, I get better and better.

- 5) Continue to remain like this for some more time and enjoy the silence within.
If you practice this positive affirmation day after day, you will feel better and better.

* Sub-conscious, Conscious and Unconscious Mind:

I will not go into a detailed discussion on Sub-conscious, Conscious and Unconscious Mind. I will only highlight a few points. Conscious Mind is a wakeful state and Unconscious Mind is the sleeping state of mind. The peculiarity of the Subconscious mind is -

- * It is always working from birth to death. Never goes off.
- * It works from the background. It creates a prompting effect on the conscious mind.
- * At a certain time it is activated. You yourself can activate it by going into meditation or deep relaxation.
- * It does not understand logic. And does not recognise 'No' or 'Don't' instructions. Hence, while activating and programming it, only affirmative instructions are to be given.

* Sub-conscious and Conscious minds operate like a seesaw. In wakeful state, conscious mind is more prominent whereas in sleeping state, sub-conscious mind is vigilant. In meditative state, both sub-conscious and conscious minds are balanced.

A sick person, who has no apparent reason to feel happy, can not only really become happy through adoption of 'fake before you make' but can also expect an early recovery.



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